



United States
Department of
Agriculture

Food and
Consumer
Service

Mountain Plains
Region

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Reply to
Attn. Of: SP 97-16
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Subject: Questions and Answers on Yogurt

To: STATE AGENCY DIRECTORS - Colorado ED, Colorado DPHE,
(Child Nutrition Programs) Colorado HS, Iowa, Kansas,
Missouri ED, Missouri DH,
Montana OPI, Montana DPHHS,
Nebraska ED, Nebraska SS,
North Dakota, South Dakota,
Utah, Wyoming ED and
Wyoming DHSS

Please find attached questions and answers on yogurt. These questions were asked by the American School Food Service Association and the answers were provided by our National Office.

If you have any questions, please feel free to contact our office.

ANN DEGROAT
Regional Director
Child Nutrition Programs

Attachment

1. Q. Since, under food-based menu planning systems, 4 ounces of yogurt are credited as meeting the equivalent of 1 ounce of meat/meat alternate, must yogurt be offered in 4-ounce portions in order to be credited in the reimbursable meal?

A. No. Although yogurt is credited at a ratio of 4 ounces of yogurt to 1 ounce of meat, this does not mean that schools are limited to offering yogurt in 4-ounce servings or 8-ounce servings. Meal planners may, at their discretion, vary the uses and portion sizes of yogurt in the reimbursable meal in a range from 2 ounces (credited as 1/4 of the meat/meat alternate) to 8 ounces (credited as fulfilling the total 2-ounce meat/meat alternate requirement). Menu planners may, for example, use as little as 2 ounces of yogurt as an ingredient in an ethnic entree such as a "gyro", a fruit salad or other combination dish. Other menu options may range from serving a 4-ounce portion of yogurt together with a half sandwich, a cup of soup or a salad containing a 1 ounce or equivalent portion of meat/meat alternate, to offering 6-ounce or 8-ounce servings of yogurt as a food item. However, in all instances under food-based menu planning systems, calculation of the crediting for yogurt will be based on the ratio of 4 ounces of yogurt to 1 ounce of meat/meat alternate equivalent.
2. Q. What is the smallest portion of yogurt that may be credited toward the meat/meat alternate?

A. To be credited toward the meat/meat alternate component, there must be at least 2 ounces of yogurt. This is consistent with the policy for CN labeling that a food item must fulfill, by quantity, at least 1/2 ounce of the meat/meat alternate requirement to be credited.
3. Q. How are cups of commercially prepared yogurt containing fruit to be credited? Does the volume of fruit need to be subtracted from the total weight of the container?

A. Commercially prepared fruited and nonfruited yogurt products both receive full crediting toward the meat/meat alternate requirement, based on the portion size by weight/volume in the carton, e.g., 4 ounces of either fruited or nonfruited yogurt fulfill the equivalent of 1 ounce of the meat/meat alternate. It must be noted, however, that the fruit in commercial, fruited yogurt products cannot be credited toward the fruit/vegetable component. The decision not to credit commercial fruited yogurt toward both the meat/meat alternate and the fruit/vegetable component is to be consistent with the fact that most of the fruit used in fruited yogurt is a jam or preserves. Fruit jams and preserves are not credited as fruit servings in the school meal programs. The noncrediting of fruited yogurts toward the fruit/vegetable component applies only to commercially prepared products.